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MARCH 2024

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## ON THE COVER



Adam Palmer's dedication to art landed him a spot in a trendy exhibit.

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*Emma*

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# EDITOR'S NOTE

*Happy Women's History Month!*

As the primary election approaches (March 5), I'm reminded of the century-long struggle for women's suffrage. Despite my appreciation for their political work, it's important to remember that for some suffragettes, the sentiment "all men *and* women were created equal" didn't include "all men and women."

Discussed on the Women's Suffrage page on History.com, after the Civil War ended, the 15th Amendment granted Black men the right to vote. Some white suffragettes were enraged. They felt that they should've been allowed this right before Black men. Turning their backs on the Black women who'd marched with them, those suffragettes allied themselves with groups that believed "white women's votes could be used to neutralize those cast by African Americans."

According to the National Parks Service's article, "Between Two Worlds: Black Women and the Fight for Voting Rights," activists such as Mary Ann Shadd Cary and Sojourner Truth knew the prejudices people held for Black Americans and women would make securing universal suffrage incredibly difficult. Although the 19th Amendment (1920) granted women the right to vote, many states passed laws that made it difficult for people of color to vote. In the article, "Yes, Women Could Vote After The 19th Amendment — But Not All Women. Or Men," NPR informs that Asian Americans didn't win the right to vote until 1943, and Native Americans and Black people weren't guaranteed that right until the Voting Rights Act passed in 1965.

If you're celebrating women's history this month, I encourage you to delve deeper. Learn about the contributions women from various cultures made to give American women the rights we enjoy today.

*And remember to vote!*



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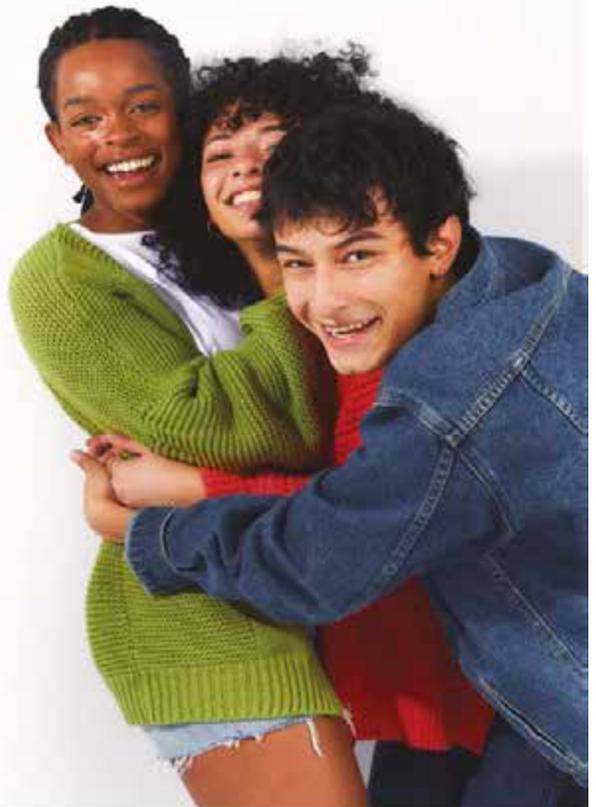
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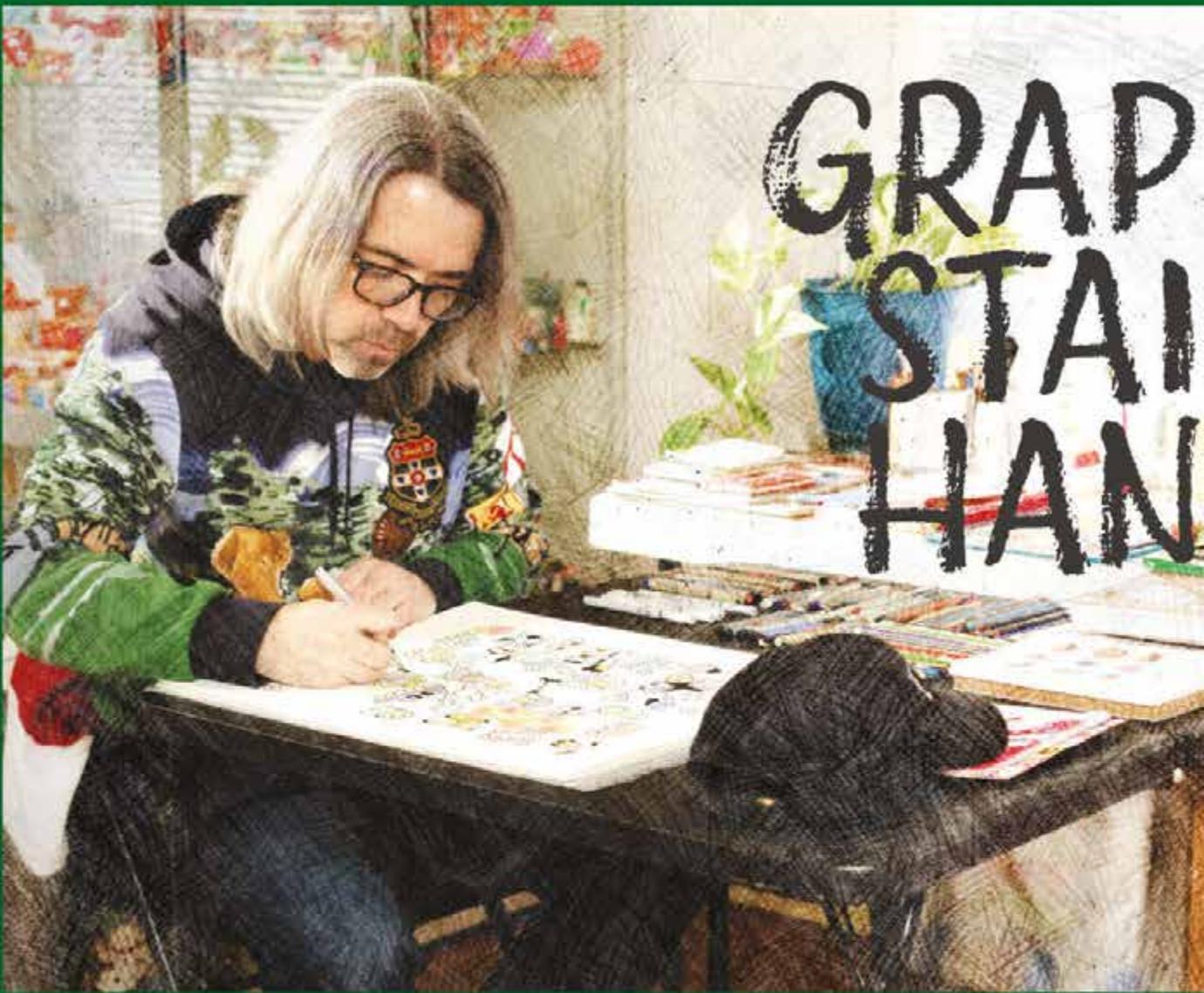
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*“Art is an addiction,” Centennial High School teacher and DFW artist Adam Palmer confessed. “If I woke up one day and lost my love of art, I don’t know what I’d do.”*

Adam grew up in the small West Texas town of Monahans. “There was nothing to do there. You could go to Dairy Queen only a few times before you got tired of it.” So, Adam filled his time outside of school with playing sports and learning music. “But the thing I was best at was art. I enjoyed it, too, because I could still sit in front of the TV and do it.”

Adam spent hours drawing in his sketch pad while MTV, Nickelodeon and HBO played in the background. “I wasn’t interested in cartoons as much as other kids. I’d watch them and just try to draw them. I never paid attention to any of the storylines,” he shared. Adam credits MTV music videos, specifically a-ha’s “Take on Me,” for inspiring his obsession with art. “I would watch those videos and see color combinations, then I would take my crayons and try to recreate them.”

Support from the environment around them greatly affects children’s dedication to the activities they love, and Adam felt that positive reinforcement throughout his childhood. He would overhear his grandmother bragging about his art, and she would gift him stacks of legal pads to fill with sketches. In third grade, he drew a cartoon monster with a thought bubble that read, *Yesterday, I burped*. “My dad treated that like it was the *Mona Lisa*. He still talks about it all the time. He’ll say, “Adam, you remember that *Yesterday, I burped* monster?” and I’ll say, “Yeah, dad.” This enthusiastic support urged him to create more and more.

During his undergraduate years at Angelo State University and in his graduate years at the University of North Texas, he constantly exhibited his art in college group shows. Currently, Ro2 Art Gallery in Dallas represents him, giving him more opportunities to exhibit his art beyond his university days.

Abstract linework pieces represent the bulk of what Adam has shown at galleries throughout the years. Although these pieces were well received and even placed in some shows, Adam grew tired of continuing to create them. “One drawing might take 40 hours to complete. I started to feel like I was doing math homework,” he explained. Inspired by cartoons such as *The Simpsons*, *The Ren & Stimpy Show* and *Beavis and Butt-head*, he began doodling cartoons in his sketchbooks and sharing

# WHITE NEEDS DS

— By Emma McKay

them on Instagram. This style of art attracted the attention of the popular immersive art and entertainment company, Meow Wolf.

The people at Meow Wolf invited Adam, along with several other DFW artists, to create a couple of pieces to be displayed in their new permanent Grapevine location. Adam readily accepted and began brainstorming what to submit. "I wanted it to be fun and exciting," he stated. "The whole time I was doing it, I was thinking, *What would a 14-year-old like?*"

Over the years, Adam has filled hundreds of sketchbooks with original doodles. Whenever he takes to a new project, he'll consult his previous work to find inspiration. "I don't ever forget about something I've drawn or think it's a bad idea. Sometimes when I'm watching football with my dad, I'll flip through my sketchbooks and find pieces

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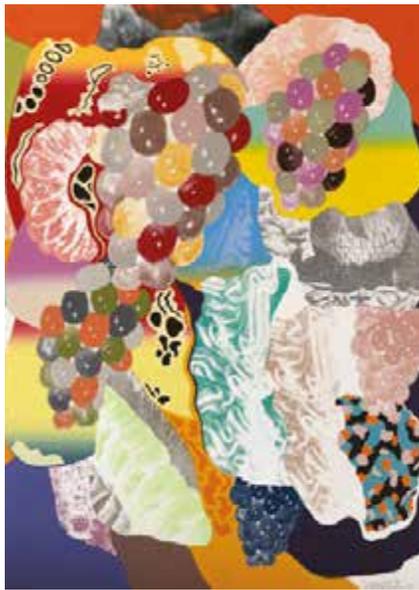
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I'd like to revisit," Adam said. "I also think about what would impress me if I wasn't the artist. If I went to an art show and saw it, would I think it's cool?" Once he lands on an idea, he'll sketch it out several times, until he's ready to create something worth showing.

To bring his ideas for the Meow Wolf exhibit to life, he revisited his high school love of woodshop, specifically the scroll saw. "It's kind of like ice-skating, watching the blade and the board. There's something hypnotic about it. It relaxes me." Although it had been a while since he'd created something from wood, Adam enjoys challenging himself by experimenting with different mediums. Until complications with his elbow necessitated a break from it, Adam's favorite things to create were screen prints. He also enjoys forming sculptures out of plastic figurines he "Frankensteins" together using glue and a Dremel. This enjoyment informed his desire to turn his sketches into wooden sculptures. With scroll saw in hand, Adam's knowledge of the instrument came back to him, and he pulled his



cartoon creations out of the wooden boards and into the third dimension.

Creating art can oftentimes be a frustrating experience. What might be a masterpiece one day can look like utter garbage to the artist the next. "You must fight through it. There have been months where everything I created was horrible, and I'd almost give up. Then the next day, I'd be onto something. I

love The Beatles, but not every song is 'Hey Jude,'" Adam said. "I would rather get all those bad ideas out of my head because, eventually, you are going to hit a home run somewhere."

For three months, Adam worked on his wooden sculptures 40 hours a week, while also teaching art. "I was trying to make my family proud," he admitted. Since the exhibit opened, Adam has received praise from strangers, co-workers and friends alike. Most importantly, he was able to share his hard work with the people he loves most. "I took my family and my 14-year-old cousins to see it. They really enjoyed it.

"I don't need a lot of money to make me happy," Adam confessed. "If I could live in one of those tiny homes and draw for the rest of my days, that would be heaven. I'm content with challenging myself, working in my sketchbook all the time and being in shows." After a well-deserved break from intense art projects, Adam is eager to challenge himself once again by creating and showing projects more impressive than the last. **NOW**



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## Zoomed In: Gilda Diaz

By Emma McKay

“My parents taught me to always work hard and take pride in everything I do,” said Gilda Diaz. For nearly 30 years, Gilda worked in facility management at public schools. “I worked all over the building, but the special needs classes grabbed my attention, even before my son.”

Gilda’s youngest son has special needs, which makes school challenging. Enrolling at the Center for ASD helped him gain more independence. Around the same time, Gilda accepted a facility management position and became the assistant director of programs for the center. “I needed to do something that led me back to the special needs community,” she noted.

When she isn’t working or hunting for vinyl records with her son, Gilda unwinds by reading, spending time with her dog and her plants. She also enjoys watching Netflix.



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# BusinessNOW

## Roots Garden Center & Landscaping

— By Emma McKay

### Roots Garden Center & Landscaping

2117 E. Renfro St.  
Burleson, TX 76028  
(817) 312-2890

rootsgardencenter@outlook.com  
rootsgardencenterinc.com  
facebook.com/RootsGardenCenter

**Hours:** Tuesday-Sunday: 8:00 a.m.-5:00 p.m.  
Monday: By appointment only.

Scott Peterson discovered his passion for plants at 5 years old. “I was bugging my mother while she was planting a garden, so she gave me some okra seeds and said, ‘You go over there and plant those.’” A young Scott watched in amazement as his little seeds grew into towering



crops, which he would excitedly drag visitors outside to see. Throughout the rest of his boyhood, Scott’s garden continued to expand, resulting in a 5,000-square-foot greenhouse by the time he graduated high school.

Scott’s love of gardening spread into his professional pursuits. For several years, he presided over the landscaping for 80 shopping malls across the United States. When he switched career paths to photography and then to railroad conducting, he couldn’t leave the dirt behind, so he operated a landscaping business in his free time. On April 1, 2017, seven years after he’d retired from the railroad, Scott and his wife, Karen, officially opened Roots Garden Center & Landscaping.

The people at Roots place immense value on their customer service. “We greet the customers when they get out of their cars,” Scott said. “When they make a purchase, we carry it out to their vehicle. We want them to ask questions and get educated, too.” Because of that drive to aid their customers and their plants, Roots’ staff completed the testing process to become Texas Certified Nursery Professionals.

Even with 40 years of landscaping knowledge under his

belt, Scott admitted the tests were challenging. "We had an 865-page study guide to memorize. And there were all kinds of college-level testing," he said. "It's not easy stuff." However, because of their dedication to the art of landscaping and their desire to help their customers in every way they can, the team accepted the challenge and gained their certification. "It gives us a lot of knowledge and the resources to find the information we need. There are few landscape nursery people certified in the state of Texas. We're incredibly proud of our accomplishment."

**"When they make a purchase, we carry it out to their vehicle. We want them to ask questions and get educated, too."**

In addition to helping their customers, Roots gives back to the community around them. "We've been pushing community service lately," Scott said. The people at Roots strive to be a resource for the Burleson Parks Department through sharing their botanical knowledge, donating trees for Arbor Day and doing the landscaping for Mayor Vera Calvin Plaza. They show their love for Burleson kids by speaking at career days and even once hosted a field trip for 275 students in the Gifted and Talented program. They also support the Burleson Police Department through financial backing. "We support the city."

Each year, Scott and his team work on projects around the property to expand their services and enhance guest experiences. Most recently, they built a tranquil koi pond for guests to enjoy. The next project they plan to tackle involves transporting Scott and Karen's florist business, Texas Floral Design, onto the Roots property. "Part of the Texas Floral building will house a reverse osmosis water system, so we can better grow the best quality of plants that are available," he said.

As gardening season rapidly approaches, consider booking Roots to transform your landscaping, or visit the nursery to check out their high-quality, low-cost plants. The people at Roots are eager to see you! **NOW**

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One cannot think well, love well, sleep well, if one has not dined well.

- Virginia Woolf

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SHELBY HENDERSON

— By Sandra Walters



“I stick with my Southern and West African heritage while cooking,” said Shelby Henderson. “I was born in Chicago, Illinois, and raised in Memphis. My love for cooking began when I was just a little girl, and my father influenced my cooking. Being raised in a Southern home with a rich West African heritage, I challenged myself to provide a new perspective and much appreciation to typical, traditional cuisines.”

She described herself as a foodie and said she would try just about anything once. “I received my culinary certificate from Le Cordon Bleu Dallas in 2019,” she shared, “and God has blessed me to cook for many people across this great nation, even celebrities.” **NOW**

### Chicken Cacciatore

1 lb. chicken legs, bone-in, skin-on  
1 lb. chicken thighs, boneless  
3/4 tsp. salt, plus additional, to taste  
1/4 tsp. black pepper, plus additional, to taste  
4 Tbsp. olive oil  
1/2 onion, minced  
4 cloves garlic, minced  
1 cup mushrooms, sliced  
1 red bell pepper, finely diced

1 cup chicken broth or white cooking wine  
1 14.5-oz. can tomatoes, diced  
1 Tbsp. fresh basil leaves, roughly chopped  
1 Tbsp. capers, drained  
Parsley, chopped, for garnish

1. Season the chicken well on all sides with 3/4 tsp. salt and 1/4 tsp. pepper.  
2. Heat the olive oil in a large rondeau pot over medium heat until it smokes.

3. Add the chicken; brown it on both sides for about 4 minutes per side. Remove the chicken; set aside.

4. Add the onions, garlic, mushrooms and red bell peppers to the pan; sauté over medium heat for 5 to 7 minutes, or until browned.

5. Deglaze with the broth or cooking wine. Cook over medium heat until the liquid is almost gone, about 5 minutes.

6. Pour in the tomatoes, basil leaves and capers. Add additional salt and pepper to taste; stir.

7. Add the browned chicken. Place a lid on the pot; simmer over low heat for 25 to 30 minutes.

8. Garnish with chopped parsley.

### Southern Inspired Shrimp & Grits

1 lb. large shrimp, cleaned and deveined  
2 tsp. kosher salt, plus more to taste (divided use)  
1 tsp. coarse cracked black pepper  
2 tsp. garlic powder

- 1 tsp. cayenne powder, or to taste
- 1 tsp. Old Bay Seasoning
- 2 tsp. smoked paprika
- 2 tsp. onion powder
- 3 cups water or chicken stock
- 1 1/2 cups Bob's Red Mill Brand stone ground grits
- 2 cups sharp cheddar cheese
- 2 cups white, aged sharp cheddar cheese
- Dash of heavy cream
- 2 Tbsp. unsalted butter
- 2-3 tsp. oil

1. In a mixing bowl, combine the shrimp with the next 7 ingredients. Set the bowl in the refrigerator until ready to cook.
2. Bring the water or chicken stock and salt to taste to a boil. Add the grits; reduce the heat.
3. Cook slowly for about 5 minutes, stirring occasionally.
4. Lower the heat to simmer. Add both cheeses and a dash of heavy cream.
5. Finish the grits. Add the butter.
6. Remove from the heat. Cover; set aside for 2-3 minutes.
7. Heat a large pan on medium heat. Add a thin layer of the cooking oil. Coat the bottom entirely.
8. Sear the shrimp on one side for about 2 minutes; flip the shrimp over; sear another 2 minutes.
9. Plate the shrimp with the grits. Enjoy!

### Buttermilk Biscuits

- 2 cups all-purpose flour
- 2 1/4 tsp. baking powder
- 3/4 tsp. salt
- 1/4 tsp. baking soda
- 1/3 cup cold butter
- 3/4 cup buttermilk
- Melted butter, to taste

1. Preheat oven to 400 F.
2. Combine the flour, baking powder, salt and baking soda in a large bowl.
3. Cut in the butter until the mixture resembles coarse crumbs.
4. Stir in the buttermilk just until moistened. Turn out onto a lightly floured surface.
5. Roll to 1/2-inch thickness; cut with a floured 2 1/2-inch biscuit cutter.
6. Place 1 inch apart on an ungreased baking sheet. Lightly coat the biscuits with melted butter before baking.
7. Bake 8-10 minutes, or until golden brown. Serve warm.

To search for more great recipes from any of the 9 NOW Magazines publications, visit [www.nowmagazines.com](http://www.nowmagazines.com).



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- 6 - 16 oz. T-Bone Steaks
- 8 - 10 oz. Sirloin Steaks
- 4 - 24 oz. Full Cut Tenderized Round Steak (Chicken Fried)
- 6 - 20 oz. Chuck Eye Steaks (Delmonicos)
- 2 - 24 oz. Porterhouse Steaks (King Cut)
- 5 lbs. Seasoned Skirt Fajitas (3 packages)
- 12 - Ground Chuck Patties (approx. 8 oz. each)
- 6 - 1 lb. Packs, Ground Chuck (85/15)
- 1 - 10 lb. Smoker Ready Brisket
- 1 - 7 lb. Pork Shoulder (for Pulled Pork)
- 3 lbs. Beef Short Ribs (Great for Smoker)
- 3 lbs. Thick Texas Bacon
- 3 lbs. Farm Sausage
- 12 - Thick Pork Chops
- 2 - Racks St. Louis Pork Ribs
- 3 Whole Chickens (Great for Smoker)

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- 2 lb. Bacon
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# Happy St. Patrick's Day

Some events may have been cancelled or rescheduled while we were at press. Check with individual organizations or your city or Chamber websites to verify dates and times.

# MARCH

### 3/2

#### Dogs and Donuts Egg-stravaganza:

Join us with your fur-babies for a special Dogs and Donuts Egg-stravaganza! Fresh coffee and donuts: 9:30 a.m.; an egg hunt just for the dogs: 10:30 a.m. Free. 9:30-11:00 a.m., Bailey Lake, 616 Memorial Plaza.

### 3/9

#### Friends of the Library Craft Fair:

You're invited to the Friends of the Library craft fair. Shop for one-of-a-kind handmade items from local vendors to help support the library's Summer Reading Club programming. 9:00 a.m.-2:00 p.m., Senior Activity Center, 216 SW Johnson Ave.

### 3/16

#### March Canning Class - Sweet & Spicy Three Bean Salad:

Curious about canning? Learn proper safety techniques in the water bath canning process. All supplies are included. \$30 per person. 9:00 a.m.-noon, Russell Farm, 405 W. County Road 714. For more information about how to register, visit [burlesontx.com/Calendar](http://burlesontx.com/Calendar).

### 3/23

#### Bunny Daze:

Fill your Easter basket as quickly as you can during our Egg-stravaganza! Games, bounce houses, vendors, Country Critters Farm, etc! The egg hunts will be divided into five age

groups, and there will also be an egg hunt just for children with special needs and learning disabilities. This is a free event. Easter activities start: Noon; first egg hunt starts: 1:00 p.m., Chisenhall Fields, 500 W. Hidden Creek Pkwy. For more information, visit [burlesontx.com/Calendar](http://burlesontx.com/Calendar).

### 3/27

#### Young Professionals Meetup:

Spend an evening enjoying exclusive happy hour specials and engaging with fellow young professionals in our area at this Chamber of Commerce event. Attendance is free and open to everyone age 40 and younger! 5:00-6:00 p.m., Wilde Cigars, 301 West Hidden Creek Pkwy.

### 3/30

#### Aqua Egg Hunt:

Dive in to hunt for Easter eggs in the BRiCK's Indoor Pool! Participation is limited so pre-registration is highly recommended. This event is for children ages 2-11. \$2 per child; parents get in free. 9:00 a.m.-noon, BRiCK, 550 NW Summercrest Blvd.

For more information, visit [burlesontx.com/2053/Aqua-Egg-Hunt](http://burlesontx.com/2053/Aqua-Egg-Hunt) or call the BRiCK at (817) 426-9104.

*Submissions are welcome and published as space allows. Send your current event details to [emma.mckay@nowmagazines.com](mailto:emma.mckay@nowmagazines.com).*



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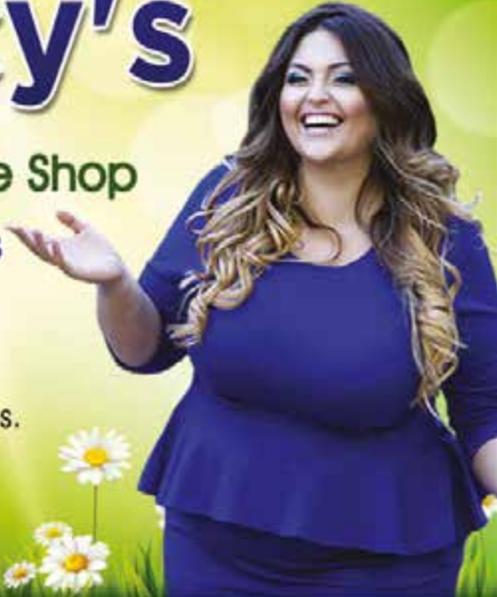
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Find 5 hidden Leprechaun Hats

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One entry per person.

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Cupcakes were found on the Inside front Cover, 4, 17, 18, & 23.

February winner is:

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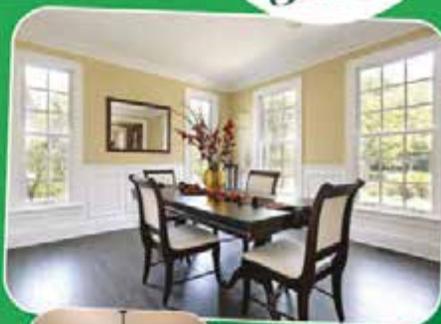
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